BAR HILL NEWS

Brought to you by the Bar Hill Community Association
April 2022 Issue 633

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EDITORIAL

April 2022

Welcome to the April edition of the Bar Hill News. This month we have updates from the Primary School, the latest news from the Community Hub, as well as special articles on Food Waste and a new feature on Total Relaxation!

It's a busy time of year and lots of clubs and events are starting up again for summer - if you have anything you'd like to share with the village please get in touch.

Finally we've all been shocked and horrified by the war in Ukraine. The back page of this issue covers the governments "Homes for Ukraine" scheme.

A large number of organisations are accepting donations - the Bar Hill groups on Facebook and Nextdoor are good places to look for those who have money/ time/ or items to donate.

Are you part of a local group? Do you have any local news? We'd love to hear from you!! Please drop us an email **bhn-editor@barhillca.org** to be included in a future issue.

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted to **bhn-editor@barhillca.org**

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NOTICES & LETTERS TO THE EDITOR

Please send your letters & notices to **bhn-editor@barhillca.org**. Thank you!

Dear Bar Hill residents ,

Thank you for all the cards and Facebook messages we received after the sudden death of Honor, she was known to many of you for her baking skills and also for the many masks she made during covid.

The family are grateful for the love and sympathy from so many at this very sad time.

Thank you to everyone .

Roger Howard

Dear residents,

The Bar Hill Parish Council is currently considering whether to allow a private company to hold a large-scale event (kids entertainment, Helter Skelter, Ferris Wheel, etc) on the village green over the weekend of the 17th to the 20th June.

If you have a view I'd very much like to hear it and I'll make sure it's represented at the meeting. You can either contact me directly or email the Parish Council.

If you'd like more information also please get in touch.

Laura Chapman

laurac@barhillca.org

BHCA Vice Chair

OUR LADY AND THE ENGLISH MARTYRS

Catholic Church Serving Bar Hill

Parish Priest: **Fr Adrian Gates** (Hospital Chaplain (Resident in Ditton), **01223 622690**), Local: **Bunty Waters (01954 201421**)

Mass is now held in the Octagon at 6.00pm on Saturdays.

Everyone is very welcome.

FOR SALE (MAR): Square 4 wheel shopper - brand new. Please contact **07939432304**

The deadline for submissions is 6pm on the 15th of the month. Please send submissions to **bhn-editor@barhillca.org** - the earlier the better!

Bar Hill Cricket Club

Youth cricket is returning to the village green from early May! We will be running training sessions from 6-7pm every Wednesday from Wednesday May 4th.

This is open to all ages from 8 to 14 or thereabouts and no previous experience or equipment is necessary. Our qualified and DBS-checked coaches will run the sessions and all equipment is provided. Training will be with hard or soft balls, according to age and experience. There will be a small one-off charge for each player at the beginning of the summer, to cover our equipment investment and maintenance costs.

Also on the horizon is our fundraising quiz night at the Sports & Social Club on Saturday April 23rd. After the success of our autumn quiz night, this promises to be another testing night – we promise, no cricket questions, it's all about general knowledge. £3 per person, teams of up to 6. Please register from 7.30pm for a prompt 8pm start.

By the time of the quiz we will be just a week or two away from starting our adult season – more details on fixtures in the May edition of Bar Hill News.

We are in need of new players – we run Saturday league matches and midweek evening league matches, plus a number of friendlies. If anyone is interested, please get in touch as below.

We are also looking for a new club secretary, so if anyone out there is looking for a volunteering opportunity, please get in touch.

Keep an eye on our website at barhillcricket.org.uk or on our Facebook page for the latest information.

Paul Stimpson

201212 | **info@barhillcricket.org.uk**

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Bar Hill Community Market

Saturday 2nd April

Saturday 7th May

10.30am - 2pm

In the Octagon CB23 8EH

Entry is Free

All profits go to Community/Charity projects

Refreshments with Soups. Cakes and homemade crafts.

If you wish to be part of the market, please contact Karen Austen 07913923349

Email - bar.hill.community.market@gmail.com

Facebook - Bar Hill Community Market

Your Community Hub

April Service Timetable - Every Monday 10 to 12 in the Octagon

4-Apr	No Hub	No Hub	No Hub	No Hub	No Hub
11-Apr	Coffee Stop	Foodbank	Citizens Advice	Listening Ear (Mental Health Support)	Carers Cafe
18-Apr	No Hub - Bank Holiday	No Hub - Bank Holiday	No Hub - Bank Holiday	No Hub - Bank Holiday	No Hub - Bank Holiday
25-Apr	Coffee Stop	Foodbank	Citizens Advice	Listening Ear (Mental Health Support)	PC Surgery

Coffee Stop: Pop in for a coffee, a piece of cake and a chat with friends, old and new!

Foodbank: No need for any vouchers. If you are struggling to cope with the impact of cost of living increases, just drop by and let us help you

Citizens Advice: Whatever your enquiry, meet with our experienced Citizens Advice advisor or book an appointment by ringing **0800 088 6522** or **BarHillAdvice@gmail.com**

Listening Ear: We are happy to listen and have a fully qualified Mental Health First Aider

Health & Wellbeing: On the 1st & 3rd Mondays of the month, take advantage of some exercise guidance from our experienced coach and visiting speakers

Carers Café: On the **2nd Monday** of the month, by Maple Surgery, who will be providing support for any carers in the village, even if you are not a patient of Maple Surgery (starting in March).

Parish Council Surgery: Speak in person with a Parish Councillor on the 4th Monday of every month

Contact: **0800 088 6522** or email: **barhilladvice@gmail.com** or PM Kevin via the Community Face Book page.

NOTE: No Hub on 4 April (Holiday@Home annual event) and no Hub on 18 April (Easter Bank Holiday)

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Catalytic Converter Thefts Appeal

Can you help? We're appealing for dash cam or CCTV footage after four catalytic converter thefts took place across the county earlier this week involving a silver or light-coloured Audi.

The cat converter thefts happened on:

- Creek Road, March (between 6-7pm on 7 March). Crime reference 35/16304/22
- Pound Lane, Sutton, Ely (between 6-6.30pm on 7 March). Crime reference 35/16321/22
- Viking Way, Bar Hill (between 3.30-3.35pm on 7 March). Crime reference 35/16527/22
- Pheasant Rise, Bar Hill (between 1-1.30am on 9 March). Crime reference 35/16688/22.

We're treating the crimes as linked and if you have any footage or information that could help us, no matter how small or insignificant it may seem, contact us online or call 101 quoting the relevant crime reference number above.

For more info and advice about catalytic converter thefts, visit the dedicated catalytic converter web page here;

https://bit.ly/3Iix3sg.

NEIGHBOURHOOD WATCH
1982 - 2022

Bar Hill Church news

Services

Sun 3 April, 10:00 am	Holy Communion (Anglican)
Sun 10 April, 10:00 am	Palm Sunday All Together Worship
Fri 15 April, 10:00 am	Meditation
Sun 17 April, 6:30 am	Early morning service at Lolworth Church
Sun 17 April, 10:00 am	Family Communion (Baptist)
Sun 24 April, 10:00 am	Morning Worship

Children's activities (KidZone and TotZone)

Children's activities take place in the Octagon. KidZone is for children aged 5 years and upwards. TotZone is for children under 5 years old. Our usual pattern is that on the first Sunday of the month, children leave after the first hymn and return for the Communion part of the service. The second Sunday of the month is usually All Together Worship and the children remain in church for the whole service. For other Sundays, children leave after the first hymn and remain in the Octagon for their activities, parents collect their children from the Octagon after the service.

Church Contacts

Church Office	Ian Farr	01954 206120 church.office@barhillchurch.org.uk
Address	Bar Hill Church Centre, Hanover Close, Bar Hill, Cambridge CB23 8EH	
Website	https://barhillchurch.org.uk	
Facebook	https://facebook.com/barhillchurch	

Rev Charles Mather retired at the end of the March. During the pastoral vacancy please use the address enquiries@barhillchurch.org.uk for any queries you would have otherwise directed towards the minister.

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The Friends of the Rosie are volunteers whose aim is to improve the services the hospital provides by raising money for items that the NHS does not buy.

We have items on our website and facebook marketplaces and second hand items in our rosieinstitches2010 charity store on eBay.

We were unable to hold an AGM this year.

Thank you for your support for our recent stalls at the Community Market. With your help we have added £233 to our fundraising so far in 2022.

Upcoming Stall dates this spring;

Bar Hill Community Market

10.30am to 2pm

Saturday 2nd April

Selling gifts for all ages

We are featuring in online Markets via Facebook and we are selling second hand items in our rosieinstitches2010 charity store on eBay. Please email **avril@rosienstitches.org.uk** to make an appointment to view a selection in person.

If you have been tidying another cupboard, we are still welcoming donations of craft materials.

We need to find alternative storage space for the items we have for sale. If you have a garage or a shed that you are not making full use of would you consider letting it out to our charity.

The Rosie Hospital is still not able to accept donations of knitwear at this time. As soon as we hear that they are in need of items, this information will be shared on our facebook page.

We are unable to run our Friends of the Rosie tea bar in Clinic 21 due to Covid19.

New members are always welcome, whether to contribute financially, to join our team of knitters, provide transport for our volunteers, display a small selection of our wares or to help on the Rosie tea bar.

Contact Mary Sanders on **01223 356615** further details are given on our website **www.rosieinstitches.org.uk**.

All the very best for Easter.

Thank you for your continued support

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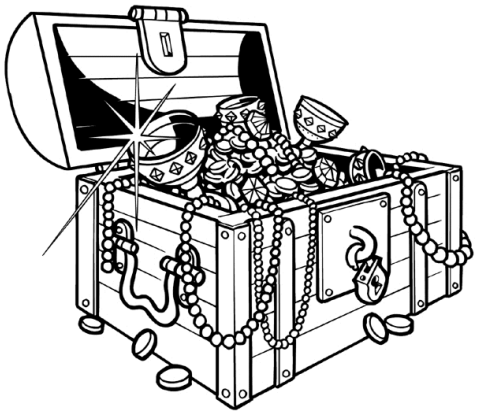

Share with your baby or toddler in singing rhymes, and meet other parents and carers.

Every Tuesday starting from 1st March 2.30 - 3pm.

Bar Hill library

CAMBRIDGESHIRE COUNTY COUNCILLOR'S REPORT

Residents have reported problems with the bridge at Bar Hill and I have alerted County officers to the problem. They are investigating this as a matter of urgency. The problem seems to be at the bridge joint, and officers are monitoring the situation and have put up 'ramp' signs in the meantime. Once the investigation is done and results shared with National Highways there will be a proposal to remedy this. I'm keeping residents updated via Bar Hill Drivers and anyone with concerns should write to me.

There is further bad news from Stagecoach as a result of their 'merged' routes, which effectively reduce the number of routes and increase travel times, as there are reports of overcrowding. If the problem with provision is reduced passenger numbers, as Stagecoach states, then they should now be putting on more buses! But it seems likely that they are still having recruitment difficulties. I have written to Stagecoach to ask for more detail about their approach.

The County Council has supported my motion to take further action to protect the trees planted several years ago as part of the A14 project. They were intended to reduce noise from the extra traffic, increase biodiversity and help with decarbonisation plans. Tens of thousands of saplings were planted, but almost straight away 94% of them died and there seems to have been no action since then to address the problems. The motion requires the County to challenge National Highways to do better in honouring the contract, but also to provide facts and figures about the situation, and above all to think how to achieve a positive outcome ie thriving trees. It's not clear that there is good understanding of the problem and why we see acres of plastic tubes by the A14 instead of trees, and therefore the way forward is also not necessarily clear. This motion will ensure that action is taken and we do what we can to rectify the situation. At the very least we will learn for future projects, such as the A428. I have been campaigning on this issue since I was elected, along with Cllrs Thompson (Longstanton) and Hathorn (Histon) and feel that the motion takes a big step forward in dealing with a difficult problem for our area.

Cllr Edna Murphy - Bar Hill Division, Cambridgeshire County Council
Edna.Murphy@cambridgeshire.gov.uk, **01223 577005**

Bar Hill library

Our local library in the village has now re-opened. The opening hours are:

Monday: 10am – 5pm
Tuesday: 2pm – 5pm
Wednesday: 10am – 5pm
Thursday: Closed
Friday: 2pm – 5pm
Saturday: 9.30am – 12.30pm
Sunday: Closed

We look forward to seeing you there!

Bar Hill Scouts - April

Bar Hill scouts finished a busy term with a skating session at the Cambridge ice rink, a first visit for some of them to this impressive facility. All the scouts went home with tired legs a few bruises and a happy smile.

During our first full term of face to face meetings the scouts have taken part in axe throwing with Comberton scouts , a night hike to learn how to navigate with map and compass, first aid basic training, a craft session of pyrography, an interesting and slightly messy night tie dying tee shirts which was fun and a Saturday session to brush up on axe and saw work and fire lighting with flint and steel.

As usual team building games were played with boisterous enthusiasm as was an evening devoted to gang show skits and stunts.

It was really great to have everybody back plus some new faces up from the Cubs. Planning for next term is under way but this will have to take the current covid regulations into account.

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NEIGHBOURHOOD WATCH 1982 - 2022

Bar Hill Neighbourhood Watch

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To contact Neighbourhood watch please email **nhwinbarhill@yahoo.co.uk**

To keep up to date on the latest developments please join us on facebook: **bit.ly/FBBarHillNHW** (or search for "Bar hill NHW")

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Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**

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Anthony Browne MP

Keeping in touch with South Cambridgeshire

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https://www.anthonybrowne.org

You can also sign up to an email newsletter which ensures that News and Updates are delivered straight to your inbox.

Alternatively you can follow Anthony on Facebook; **https://www.facebook.com/anthonybrowneMP/**, or via Twitter; **https://twitter.com/ab4scambs**

You can write to Anthony at his constituency office;

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Memorial Garden Update

On behalf of the group of volunteers who manage the Memorial Garden, I would like to thank all the individuals who help maintain the gardens. During COVID this has not been easy.

We are extremely grateful for all those who have donated money for the New Memorial Garden Seat. The new seat will hopefully be in position by the Spring depending on suppliers. There is still time to offer a donation, should you wish to do so details are as follows:- cheques made payable to the "Bar Hill Memorial Garden Account" or cash can be posted at 7 Acorn Avenue, or alternatively a donation can be paid directly into the Cambridge Building Society Account No.1768402740.

Do you have an interest in gardening and have just a very few hours to spare? We are looking for individuals who can help us with this project. Most of us have been associated with this project since its inception and we are getting older and would like some fresh young helpers. For further information contact Chris Stannard **01954 781978**.

If a Memorial Plaque is required please contact Chris Stannard, Email:- **c.e.stannard1@gmail.com**

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BAR HILL ROSARY GROUP

Dear All,

Rosary Group meetings have to be postponed until further notice. Nevertheless, this particular uncertain time might be a convenient moment for you to develop a more personal relationship with Jesus and Virgin Mary to find peace of heart. We may help you by giving away rosary beads with instruction on how to start praying. Whether you are new to rosary or not we encourage finding time for a faithful reflection. Please text your address to Agnes (**074 3255 0621**) and the free kit will be delivered to your door (in Bar Hill). God bless you!

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Bar Hill Tennis Club

Our new Club night season starts 18.30 on Tuesday 12 April and we welcome players of all abilities. Why not give tennis a try this year!!

Our membership rates are very competitive and membership entitles you to play at any time.

Check out our website for details!

What better way to welcome the better weather than enjoying a game of tennis!

Just a reminder for all current members that all memberships are due for renewal on 1st April and as usual the court access code will be changed from that date. 2022–3 membership details are available on our web site and you can join and pay on-line. There is an active WhatsApp group for members to share information and find playing partners.

If you would like a "taster" your first visit to our Club nights is free – why not give it a try.

Courts can also be hired for private play via our website.

We invite all current, lapsed and new members to come along and play on the courts. Please encourage your family, neighbours and friends to come down to our Club social nights to play some tennis. We welcome players of all abilities. Tennis is an excellent way to keep fit and enjoy the summer evenings in a relaxed and friendly environment.

Our Adult Club nights are Tuesdays & Thursdays 6.30 to 9pm and Club nights start Tuesday 12th April 2022 (or earlier if the weather permits). We look forward to seeing you.

Paul Chubbuck (Secretary), **07983 435104**
info@barhilltennisclub.co.uk

FOR MORE INFORMATION GIVE US A CALL OR VISIT OUR WEB SITE

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Bar Hill Primary School

It has been a busy spring term at school. The children celebrated World Book Day in March with lots of fun activities, book fair and a visit from the Author Martin Coleman who spent the day with us and held workshops and an assembly along with his book signing event after school.

School trips have resumed, our Reception children enjoyed a visit to the Sedgewick Museum linking to their Dinosaur topic and Year 1 & 2 children visited the Imperial War Museum at Duxford to support their learning on transport.

Year 5 & 6 enjoyed a visit to the Cambridge University Department of Engineering.

There were some really successful rockets and great participation.

Some of our KS2 children participated in a Panathlon Multi Skills event at Impington Village College in January. They took part in a carousel of activities such as kurling, bowling, and basketball. The children represented the school excellently and we are proud to say they got through to the final which will be held later this term. A huge well done to all children involved!

EVENING LETTINGS

We have availability most evenings for hiring the school hall for fitness groups, clubs, events, etc.

Very competitive rates!

Please call the school office on **01954 273305** for bookings or more information.

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Knit and Natter Group

We are delighted to announce that the "Knit and Natter Group" will be meeting again after around 18 months.

We can be found in The Octagon on a Thursday afternoon from around 1.15 p.m.

This group is well established in the Village having started in September 1997 in Joan Smart's house with around 6 people.

We have grown since then and welcome around 40 ladies each week. The purpose of the group is to provide friendship and a regular social event and knitting projects for the Knitters to work on. (Our afternoon is punctuated by tea and cake!) Most of the knitting is given to charities who need baby's clothes and blankets.(However, you do not have to knit to belong to the group.)

We have provided plenty of baby hats for the new born babies at The Rosie Hospital in colours (red, amber and green) to indicate whether they need extra attention. We have sent sets of baby clothes to a Children's orphanage in Sachi Bondu in Africa and many, many blankets to Care Homes, and provided hand knitted hats, scarves and gloves for Christmas in poorer European countries, among many other things.

We are always happy to welcome new people into this friendly group which has proved valuable to many people living alone and/or newly moved into the village.

Interested ? Give me a ring and I can give you some more information. Contact me on **780260**. Sue Kenchington

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Bar Hill Village Hall

The Hall was first built in 1978 for use by the residents of the village as a social centre; a place to meet and to hold educational and recreational classes for the community. This founding principle is the corner-stone of the Village Hall's life today, with hundreds of members of the local community using the buildings every week, including a number of regular hirers based both within the village and the surrounding area.

Facilities and Governance

The site has undergone various small extensions and a complete rebuild over the years to continually improve the facilities such as the provision of WiFi.

The large Main Hall has multi-purpose vinyl flooring, making it flexible for all types of events. There is a kitchen alongside the Hall with a serving hatch, making it useful for self-catering at parties, discos and the like. The licensed bar can be booked on request and will be serviced by the Sports and Social Club. The Hall opens out onto a large patio area that is ideal for external activities or a spill-over for internal events and has two bolted gates that lead off the premises.

There is also a small Meeting Room, with its own independent access and great for meetings of up to 10 people.

The Village Hall is a UK-registered charity (number 1002579) and run by a committee of trustees who are committed to the on-going development of the Village Hall's role as a key community facility.

To make a booking, please visit our web site **barhillvillagehall.com** and then email **enquiries@barhillvillagehall.com** to confirm arrangements.

Alternatively, call **01954 782414** and leave a message. We aim to return calls within 24hours (Monday to Friday).

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BAR HILL PARISH COUNCIL

Parish Council Office, Hanover Close, Bar Hill. CB23 8EH
01954 780456 - clerk@barhillpc.org.uk, Chairperson: bunty.waters@barhillpc.org.uk

Annual Parish Meeting

You are all invited to the Annual Parish Meeting for Bar Hill on Thursday 28 April 2022 at 7:30 p.m. in the Worship Hall of Bar Hill Church.

Come along to hear what has been happening at your County, District and Parish Councils over the past year. Catch up on the activities and events undertaken by the various village social and interest groups covering all age groups.

We will be joined by a representative of Stagecoach who will update us about the local bus service and answer your questions.

What changes would you like to see in the village? Do you have ideas for community projects?

This is the forum for you to speak about your ideas on how to make Bar Hill a better place to live and work, and ask questions of your County, District and Parish Councillors.

Do come along, share your thoughts and support your community.

Useful Links

Dogs (Fouling of Land) Act 1996 (South Cambs DC); http://bit.ly/bh-dogfouling

Environmental Crime (South Cambs DC); http://bit.ly/bh-envirocrime

Damaged Street Nameplate (South Cambs DC); http://bit.ly/bh-streetnameplate

Reporting issues with roads, paths, street lights, etc. (Cambridgeshire CC); http://bit.ly/bh-highwaysfault

Report a non-urgent Crime (Police); http://bit.ly/bh-reportcrime

Winter tree maintenance program

All the planned tree work in the village is scheduled to now be complete. Our contractors have also dealt with a number of trees that were damaged in the recent storms, many thanks to the residents who got in touch to report a damaged tree. We have also received several comments from residents expressing their appreciation of how neat and tidy the village looks.

Grass cutting

Our grass cutters have now started cutting the grass around the village. Please could residents help by keeping the grassed areas free of obstacles and ensuring vehicles are not left close to or on the grass causing obstruction for access by mowers, or potential for damage by grass cuttings for debris. In these cases, the contractor will have to leave these areas uncut. We hope the weather holds so that after the first couple of cuts all our green spaces are looking neat and tidy for everyone to enjoy.

New Path

The Parish Council was disappointed to see recently that part of the new path has been intentionally damaged. Ongoing maintenance of the path is the responsibility of the Parish Council and any cost will have to come from precept funds.

Lost property

The Council has a range of lost property. If you have lost something in the village over the last few years please get in touch by email with a description.

We will be looking to dispose of any unclaimed items in May.

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Francine Cox works hard to ensure her client's "Total Relaxation"

I recently joined local business woman, and all-round good egg, Francine Cox, for a chat over coffee about her business, Total Relaxation at the Farmhouse in Bar Hill. Francine has had a presence as a Holistic and Beauty Therapist in Bar Hill since 2002. Firstly at the Moat House Hotel, now called The Hallmark Hotel, and since 2013 at the former Youth Centre called The Farmhouse right in the centre of the village.

Francine turned the unloved building into a place for pampering and relaxation. Set peacefully, overlooking the school playing field, the salon is decorated in monochrome colours with a pop of red. The reception area, which is also home to Anna the hairdresser, is welcoming and buzzing with activity. In contrast, the therapy rooms are quiet retreats, where soothing music and a cosy duvet will soon have you relaxed ready for your treatment.

Total Relaxation at the Farmhouse was warmly received by the people of Bar Hill and beyond, and things were going well for Francine. Alongside the hairdresser, Francine was able to employ two more therapists, Megan and Vanessa. Life was sweet until...

We all recall what happened on 23rd March 2020, when life as we know it literally came to a standstill. Francine, along with thousands of other small businesses, had to close her doors with no idea when she would open them again, as the deadly virus Covid19 swept the globe. It turned out that Francine was not able to open her business fully until April 2021.

"The lack of information from the government gave me many sleepless nights" Francine told me "Whilst my staff were furloughed, I was basically unemployed. I spent 8 –10 hours every day working on my laptop trying to find out where the money was coming from to pay the bills. The only upside was I was able to catch up on my admin and completely rebuild the website!" she went on.

I asked what impact the lockdown had on her personally and in particular, her mental health. Clearly the memories of that tough time still cast a massive shadow over her life, as with tears in her eyes, Francine told me "Mentally it destroyed me, at my lowest point I felt very depressed and alone. There seemed to be no hope, no point in going on"

"Now I feel the Pandemic has definitely had a positive effect on the business. Since reopening in April 2021, we have been busier than ever" she says with a smile. "I have learned never to give up hope and to believe that things can and will change. I am very proud of myself and my team; we have come back to work stronger. I have also been reminded of how much I love holistic massage"

In September 2021, sixteen-year-old Maddy joined Total Relaxation as an apprentice. Francine took on the role as her Mentor as Maddy studied and worked hard. Maddy is now beginning to work independently with clients, offering manicures, pedicures and eyelash extensions, whilst she continues with the rest of her beauty training.

Finally, like all good stories this one really does have a happy ending. Francine has found her Prince Charming and is now engaged to be married. Francine, I sincerely hope you both live happily ever after.

By Bridget Wilson

Total Relaxation at the farmhouse

Loan Sharks in Cambridgeshire

Cambridgeshire County Council is lending its support to a national campaign aimed at tackling loan sharks and raising awareness of where people can seek help.

The campaign is being led by the England Illegal Money Lending Team (IMLT) – a national team that prosecutes loan sharks and provides specialist support for people affected by this crime.

A "loan shark" is someone who lends money without authorisation from the Financial Conduct Authority.

Loan sharks prey on people at their most vulnerable. Borrowing from a loan shark can seem like an easy option but often it will lead to a vicious cycle of threats, intimidation and spiralling debts.

Here are some of the signs to watch out for that a lender is acting illegally:

- no paperwork or agreement on a loan,
- no information about the loan,
- taking your passport or bank card,
- taking your property from you if you don't pay on time,
- adding more interest or charges so the debt never goes down,
- using intimidation or violence if you don't pay.

If you have borrowed money from a loan shark, it is important to remember that you have done nothing wrong and there is no shame in seeking help.

It may seem like a difficult step to take, but there is support available from the England Illegal Money Lending Team.

Credit unions are a safe and legal alternative than borrowing from a loan shark, find out more about the services on offer locally by going to **www.findyourcreditunion.co.uk**.

Why join a credit union?

- they are not-for-profit organisations,
- it's easy to find a credit union that you're eligible to join. For example the Eastern Savings and Loans Credit Union, covers Cambridgeshire,
- Credit unions help members save and manage their money ethically and responsibly. They offer savings and loans at affordable rates,
- Credit unions may be more willing to offer you a small loan if you have poor or no credit rating. Banks, along with other loan providers, may be reluctant to lend you money for this reason.

Residents who believe they may be involved with a loan shark or suspect that one is operating in their area can report it to the Illegal Money Lending Team by calling **0300 555 2222**, emailing **reportaloanshark@stoploansharks.gov.uk** or filling out an online form at **www.stoploansharks.co.uk**.

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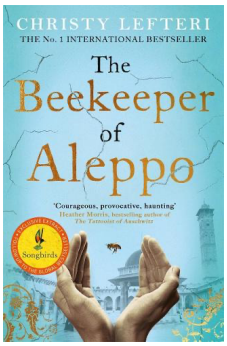

Next meeting :
TUESDAY 12th April – The Beekeeper of Aleppo by Christy Lefteri

Bar Hill Sports & Social Club – 7.30pm

We are a friendly group of ladies who love to read & share our opinions & thoughts.

Please join us , you will be so welcome.

Please email **sheilafarrar@hotmail.co.uk** or call/text **07920558319**.

HAPPY HOURS - April 2022

The Bar Hill Happy Hours club meets in the main bar area of the Bar Hill Sports and Social Club between 2 and 4pm on Friday afternoons for tea/coffee and cakes, getting together with friends, fun and games. All of this for only £2 per person. The bar is open if you want something extra.

We are looking for new members to join us, so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along and join us.

Coming up:

1 April: April Fools Day

8 April: Bingo and a Quiz

15 April: Easter/Good Friday

22 April: St George's Day/ English theme

29 April: Anzac Day

If you give us a try and decide that it's for you, you will also need to join the BHSSC.

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THE ROYAL BRITISH LEGION

The Royal British Legion is open to anyone who would like to become a member. You do not have to have been in the services to join.

This year we will be meeting on the following dates:

26-MAY: This will be a social event and the venue will be announced later

22-SEP: 7.30pm in The Meeting room of the Octagon

27-OCT: AGM to be held at 7.30pm in the Meeting room of the Octagon

24-NOV: Christmas Event, time and place to be announced

We will hopefully be able to do the Poppy Collection as usual in Tesco during November.

For further information please contact Wendy Arrowsmith on **01954 781381** or Malcolm Cox on **01954 488657** or just come along to the February meeting.

We would like to say a big thank you to all those who helped and donated to the Poppy Appeal in November last year. We raised over £10,000.

ROYAL BRITISH LEGION

Girlguiding in Bar Hill

Through fun, friendship, challenge and adventure we empower girls to find their voice, inspiring them to discover the best in themselves and to make a positive difference in their community. All sections go on sleepovers and residential holidays, doing crafts, cooking, canoeing, rock climbing and other adventurous activities.

Bar Hill Guides - 10-14 years

Recently Bar Hill Guides 'Travelled the World' at a residential weekend. They celebrated Thinking Day - 22 February - which is the birthday of our founders Lord and Lady Baden Powell - and is the day when we remember all guides and scouts around the world. Over the course of the weekend, the Guides learnt about many of the countries where there are guides whilst improving their geography and learning a few greetings our sister guides might use. The girls enjoyed making jewellery and making and playing traditional instruments and learning African and Korean dance routines. They played many international games, ate fondue and a number of one pot dishes from around the globe. Among the many crafts, they did henna hand tattoos, made carnival masks and god's eyes.

In keeping with guiding tradition which no weekend away would be complete without, the Guides enjoyed a campfire with songs from around the globe. All in all they had a great time with lots of smiles and laughter, happy to be back together for a residential weekend.

If your daughter is interested in joining or you are interested in volunteering please go to **https://bit.ly/3KevSft**.

If you are an adult interesting in volunteering with Girlguiding please go to: **https://bit.ly/3nvCSeh**.

Alternatively, please email Di Gunton: **di.gunton@outlook.com**

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NHS

Staffing
We have now secured regular Advanced Nurse Practitioners (ANP) and GPs to work at the surgery to cover all clinical sessions required for our population size in line with our clinical model. We have a GP, Advanced nurse practitioners and an additional clinical multi-disciplinary team on site. Our multi-disciplinary team consists of a clinical pharmacist, a social prescriber and a first contact practitioner who deals with Musculoskeletal problems.

Our multidisciplinary team can see and treat a wide range of medical problems and we are working with the team to develop a Right Clinician First Time approach at Maple – For patients this means you will not always need to see a GP but you will be directed to the most appropriate clinician for your condition the first time.

Appointments
We have now released additional face to face appointments with the GP each day that can be booked in advance. For urgent medical conditions we are still operating a triage first call for on the day appointments. The GP will invite you to the surgery if they feel it is clinically necessary.

We are hoping to release online appointments soon please do register for our online services if you haven't already done so

Last month we provided 748 appointments for our patients. 48 patients did not attend for their appointment. We would encourage all patients who find they are not able to keep an appointment to call the surgery to let us know so we can offer the appointment to someone else.

Mask Update
Although masks are no longer mandatory in indoor public spaces (from 27/1/22), they are still required in GP practices. NHS staff at MKGP are still required to isolate if covid positive therefore we need to ensure our service continues to the rest of the population by adhering to Infection prevention and control guidelines.

Zero Tolerance
There has been an increase recently in the number of patients who have been verbally abusive or aggressive towards our staff. Whilst we understand the frustrations of our patients who have found it difficult to get an appointment, we are working very hard to provide the best patient care and this type of behaviour will not be tolerated. The policy of the practice is zero tolerance to abuse of staff

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City and Guilds Qualified and Gas Safe Registered

Local Plumbing and Heating Engineer

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Email – info@appletrees .plumbing

Bar Hill NWR

Bar Hill NWR (National Women's Register) is a friendly group of like minded women who meet every two weeks in members' homes discussing a variety of topics.

NWR CONNECTING WOMEN

APR-14: Grannies

APR-28: TBA

If you are interested in joining please contact the Local Organiser Marie-Thé on **780329** or her deputy Julie on **201502**.

Weekly playgroup sessions for babies and preschool children

A range of toys and play equipment with fun activities including crafts, singing, sensory play and story time

Thursday Morning 9:45-11:15am*
at the Octagon, Bar Hill

*term time only

Taster session Free, Further sessions - under 1 £2, over 1 £3, 2 or more children £4 refreshments and snacks included

We look forward to seeing you at our next session

Ash Croft Veterinary Surgery

Consultations by Appointment Only
In an emergency please telephone ahead

HARDWICK
169 St Neots Road, Hardwick
Cambridgeshire, CB23 7QJ
Tel: 01954 210250

PAPWORTH
Pendrill Court, Ermine Street North
Papworth Everard, Cambridgeshire, CB23 3UY
Tel: 01480 831615

www.ashcroftvet.co.uk

Out of Hours Tel: 0845 500 4247

Food Waste

Cambridge City and South Cambridgeshire District Council supported the second annual Food Waste Action Week. Around a quarter of the waste the councils collect in black bins is food that could have been eaten if it had been used in time.

Raising awareness of the huge impact of household food waste on climate change, the week is also about sharing practical advice, food savvy behaviours and tips on how we can all easily reduce the food we waste in our homes.

Top tips to avoid wasting food

Hit pause on foods by freezing them before the Use-By date. Defrost in the fridge overnight, or in the microwave before you cook it – not at room temperature.

Make a list before you shop to avoid over-buying. Check your fridge and cupboards first.

Love your leftovers – get them in the fridge as soon as they are cool, and use up within a couple of days for a cheap fuss-free bonus meal.

We throw away 6.6 million tonnes of household food waste a year in the UK. This food waste is responsible for nearly 25 million tonnes of CO2 emissions, equivalent to 5.4% of the UK's territorial emissions. The majority, 4.5 million tonnes is food that could have been eaten and is worth approximately £14 billion (or £60 a month an average family with two children). It requires an area almost the size of Wales to produce all the food and drink currently wasted in the UK.

Love Food Hate Waste is keen to show that used properly, the freezer is the king of the kitchen. In fact, freezing and defrosting just three key meat items that are commonly not used in time (fresh chicken, bacon, and sausages) could reduce waste of those items by as much as 15,000 tonnes per year. And, when it comes to defrosting, busy households can avoid a lengthy overnight defrost by using their microwave instead – as people use a toaster to defrost sliced bread from the freezer.

Garden soils and perennial plantings play an important role in storing carbon.

If 30 million gardeners pulled up a paving slab and planted 1m² of perennial plants (either herbaceous, shrubs or trees) in their community, school, workplace or garden and allowed it to develop to maturity, depending on the plants grown this would be equivalent to heating between 86,000 to more than one million homes for a year!

Every little does make a difference!

RADSOC

Swavesey RADSOC returns to live theatre with

Agatha Crusty

And the Village Hall Murders

A Comedy By Derek Webb

Tickets £7 / £6

AFTER BEING POSTPONED THREE TIMES WE HAVE NEW DATES

Thursday 19 May 2022 at 7.30pm in Swavesey (this date and venue is to be confirmed)
Friday 20 May at 7.30pm at Rampton Village Hall
Saturday 21 May 2022 at 2.30pm and 7.30pm at Bar Hill Church

www.swaveseyradsoc.org.uk
@swaveseyradsoc
or phone 07504 552870

Please see Facebook or website or phone us for the latest information

There is a £1 fee per transaction for online bookings. This is an amateur production by arrangement with Stagescripts Ltd.

Cambridge Art Services

Cambridge Art Services offer an extensive selection of bespoke, handmade framing options from their local, professionally equipped workshop.

We can frame a wide range of items including;

- Paintings and drawings
- Photographs
- Sports Memorabilia
- Medals and Award Certificates
- Cross Stitch and Embroidery
- In fact, just about anything

Contact **Julian Finbow on 07952 295861**

email cambridgeartservices@hotmail.com or visit www.cambridgeartservices.co.uk

Longstanton Bowls Club

Spring has arrived, with summer just around the corner, the sounds of summer sports will soon be ringing in our ears. The Longstanton Bowls green will awake from its winter slumber to the ageless call of "WELL YE BOWLED". Forget the miffs that bowls is a "one foot in the grave" or a "waiting for god" sport. Bowls is a sport for all ages to enjoy and the best bowlers have youth on their side. If you've been forced to retire from your chosen sport, consider a swap to lawn bowls. Ex-golfers generally make good bowlers as they have a natural feel for the green. If you make use of a walking aid it doesn't dismiss you from the game. There are many very good bowlers, who are reliant on such aids.

Were you gripped by the Curling played during the Winter Olympics? In many ways the sports of Bowling and Curling are very similar. Bowls replace stones, the bowls head replaces the house, blockers are guards, the jack is the button and only the nearest bowls count. However, with Bowls you don't need to run up and down "sweeping" the green. We are very eager to increase our membership so if you're in the age range 11 to 90+ years young, regardless of experience we'll welcome you with open arms.

The green OPENS on EASTER SATURDAY 16TH APRIL at 2pm. Why not have a multi-generational, family afternoon, trying something different? The BOWLS GREEN is located on the Longstanton recreation ground, Over Road, between the Pavilion and the Tennis courts. Just wear a pair of flat soled shoes and we'll provide everything else. We'll also be holding a Bowls taster session on Saturday 14th May from 2pm.

Monday evenings (6pm) and Thursday afternoons (2pm) are reserved for informal practice in a mildly competitive environment, ideal for beginners. The club plays in a number of leagues, some of which are more competitive than others. Most of our league matches are played on the light summer evenings, starting at 6:30pm. If you prefer bowling in the afternoon, then consider joining our Ely and District triples league, matches start at 2pm on Monday and Friday afternoon throughout the season.

For more information about the Bowls Club please visit our website www.longstanton-bowls-club.co.uk or ring Marion (Membership Secretary) on **01954 780118**.

Bar Hill Sports and Social Club

Happy new year everyone, hope you all had a lovely break.

Its that time of year again when membership needs renewing or if you are looking to become a member;

membershipmojo.co.uk/barhillssc

The new menu launched in November is a huge success and we will continue to have 25% off every Wednesday from 6-9pm.

Any venue queries should be sent to **bhssc.stewards@btconnect.com** or **01954 781881** ask for Helene

Any admin/membership queries should be sent to **bhssc.secretary@outlook.com**

Our website is **www.barhillssc.co.uk**

If you need anything else just give me a shout!

Helping Hedgehogs in April.

Most hedgehogs are now active and still building up body fat lost over the winter. They will be looking for suitable nesting sites, as well as potential mates. We can help them by providing supplementary foods, and by providing houses if a natural option is unavailable.

Rodney from Sawston was brought into Shepreth Hedgehog Hospital.

He was found very small out at night and looked after by a one of our release sites in November. The release site carer brought him in with severe ringworm (internal parasite) and he has been on treatment for it since as it was so bad.

Before and after treatment.

SWAFFHAM BULBECK SUMMER THEATRE

proudly presents:

'THE MIKADO'

by W.S. Gilbert and Sir Arthur Sullivan

Wednesday 15th – Saturday 18th June 2022
Evening performances at 7.30pm and a Saturday matinée at 2.30pm
Doors open 45' before each performance

Downing Farm, Station Road, Swaffham Bulbeck, Cambridge CB25 0NW

Ticket prices Wednesday £9, Thursday £10, Friday and Saturday £12, matinée £8
via our website www.sbsummertheatre.com; e-mail sbst.tickets@gmail.com
or call 07708 577570

On-site parking; facilities for wheelchair users; licensed bar

For further information (not tickets) contact Ruth Dennis on 01638 730659 or by e-mail via the website

Olive Tree Bereavement Group

Our next meeting will be on held on Saturday 9th April 2022 at 10.30a.m. in the Octagon.

We will be pleased to see you if you are a regular member, a new member or if you have never been before.

We are conscious that spring is now on the horizon, and hopefully this will help those who find those dark evenings difficult to cope with an extra feeling of isolation and loneliness. If this is you perhaps you will come along and meet people experiencing this to.

This is a very welcoming group where you can talk quite freely and your confidence will be respected. There will be time to share your experiences, listen and have discussion as well as getting to know others in the group, with time for refreshments too.

If you are wondering whether the group is right for you, please phone one of us to talk about it.

The leaders, who are CRUSE Trained, and members of the group will offer a warm welcome and you will be in the presence of people who have been through loss and understand the particular pain and difficulties that this brings.

Sor more details telephone Sue Kenchington **780260**, Chris Stannard **781978**, or Maggie Cox **488657**.

Crafts Shed - April 2022

Registered Charity No. 1192237

Member of U.K.Mens' Shed Association

Crafts Shed meets on Tuesday, Wednesday and Thursday from 0930 to 1300 approx. in the Scout Hut.

Crafts Shed continues to become an increasing supportive Charity undertaking restoration projects within the Community. Work has taken place on Park Benches in the Childrens' Playground, Seats on the Tennis Courts, a Bench for the Allotment Society. Restoration work has also been undertaken repairing items for individuals, plus restoring furniture.

Would you like to come and join us? We are holding two open mornings on Wednesday the 13th and 20th April. The age restriction is 18 upwards. Please call in and see us in the Scout Hut on the times listed above. Up to 180 hours per month are given freely by the "Shedders".

If you would like further information please contact Chris Stannard **01954 781978 / 07711 623425**. Email **c.e.stannard1@gmail.com** or Chris Graham **07913 013920**.

Coton Bowls Club is opening in May for anyone who would like to come and play. You can find us on the recreation ground in Coton, opposite The Plough pub. Anyone with a pair of trainers (or flat soled shoes) can play, so why not come along for a friendly game and a cup of tea or something a little stronger afterwards? Parking available.

Our ***Bowls for All*** open sessions will be on:-

Monday 2 May 2-4pm
(bank holiday)

Thursday 5 May 6-8 pm

Sunday 15 May 2-4 pm

Tuesday 24 May 6-8 pm

If you would like any further information do contact Alyson on tel: 07958 444047, email: opensessions@cotonbowlsclub.co.uk, or check out our website: www.cotonbowlsclub.co.uk

Bar Hill Fete and Festival Update
Fete and festival planning going ahead for 2nd July - lend some help, sponsor the event or book a stall by emailing **fnf@barhillca.org**.

Stall booking prices for 2022 are as follows;

Charities, organisations, or clubs operating in Bar Hill - £10

Private companies - £15

Stalls will be open from 2-4.30pm.

To book a stall / get more information email **fetebookings@barhillca.org**.

Most stalls to be available on the village green, but we also have (very) limited availability in the Church.

The Fete and Festival committee will be meeting on the 2nd April (Saturday) at 2pm in the Bar Hill Sports and Social Club.

Please come along and join us!

CITIZENS' ADVICE

citizens advice

Got questions, something worrying you?

Benefits - Work - Debt & Money - Consumer - Housing - Family - Law - Immigration

Drop-in session at the Octagon on Monday's (10 - 12 pm) as part of the Community Hub.

Book an appointment; Free phone **0800 088 6522** or email **barhilladvice@gmail.com**

Skatz
HAIR DESIGN
and
Bethan's Beauty Shop

Opening times:
Mon Closed
Tue 9.00am-5.30pm
Wed 9.00am-8.00pm
Thu 9.30am-7.00pm
Fri 9.00am-5.30pm
Sat 8.00am-2.00pm

89 High Street
Longstanton
780909
New direct phone to Bethan's Beauty Shop
789100

- We offer a full range of hair and beauty treatments
- Gift vouchers available
- Bio sculpture nail extensions and natural overlays
- KMS / Goldwell appointed salon
- New for the summer - St Tropez spraytan treatment
- Appointments not always necessary

HOMES for UKRAINE

GOV.UK

Homes for Ukraine

As you should be aware the UK Government has opened a scheme which will allow both people and organisations to offer their homes to those fleeing the war in Ukraine.

Anyone in the UK with a spare room or home can register, so long as;

- you can offer accommodation for at least 6 months
- if you're not a British Citizen, you have leave to remain in the UK for at least 6 months

To be taken to the Government website to register you can either scan the QR code above with any modern phone or the URL is at the bottom of this page (a short link is available **https://bit.ly/3qkQ5rP**).

What happens after you register

The government will contact you about your interest. You'll then need to apply to be a sponsor. You'll then be paired with someone needing somewhere to live if your application is successful.

The government will carry out checks on both sponsors and people seeking to come to the UK, including the standard of accommodation. This may include a visit to your home. Sponsors will also get a support pack.

Please note; if you have a family member fleeing Ukraine

You do not need to register your interest as a sponsor if you have a family member fleeing Ukraine. They should apply for the Ukraine Family Scheme visa instead (**https://bit.ly/3ilmtpO**).

https://www.gov.uk/register-interest-homes-ukraine